



THE Senior Connection

VOLUME 4, No. 9 • SEPTEMBER 2014

News from the Howard County Office on Aging

Department of Citizen Services

Howard County, Maryland

A Message from the Administrator



**By Dayna Brown,
Office on Aging
Administrator**

Falls Prevention

Awareness Day on Sept. 23 — the first day of Fall — raises awareness about the many preventive measures that can be easily employed to

reduce falls among older adults. This year's theme, *Strong Today — Falls Free® Tomorrow*, highlights the important roles professionals, older adults, caregivers, and family members play in raising awareness and preventing falls in the older adult population. To find out more, visit www.ncoa.org.

Falls are the leading cause of both fatal and nonfatal injuries for those 65 years of age and over. Every 14 seconds, an older adult is seen in an emergency department for a fall-related injury. The chances of falling and of being seriously injured in a fall increase with age. Non-fatal falls can threaten independence and reduce the quality of life among older adults.

In Howard County, programs like *A Matter of Balance* and *Better Balance* are offered at senior centers to help older adults gain strength, improve balance, and build confidence to live healthier lives and preserve independence. Since September is also National Senior Center month, there's no better time to visit and find out more!

Senior Centers: Experts at Living Well is the theme of this year's observance, which calls attention to the many ways center activities foster community involvement among older adults while adding richness and variety to their lives. Health and fitness classes, lifelong learning programs, cultural and creative arts plus volunteer opportunities, information and assistance are offered at senior and 50+ centers throughout the county. Check out the calendar of events on the opposite page for more information. To find a center near you, visit www.howardcountyaging.org.

Senior centers also offer a convenient way to find out about available programs and services to assist you, an aging spouse/partner or family member, or to learn about Medicare eligibility and coverage. To find out more, stop in or call Maryland Access Point at 410-313-5980 or the State Health Insurance Program at 410-313-7391.

Improve Balance to Reduce Risk of Falling September 23 is Falls Prevention Day

Falls are a serious yet increasingly common problem among older adults, which can threaten their independence and compromise their quality of life. In 2010, 77 adults in Maryland age 65 and older were treated and released for fall-related injuries every day; another 44 were hospitalized. And, as the older adult population continues to increase, the numbers of reported falls are increasing as well.

Many older adults concerned about falling often restrict their activities, yet research has shown that *increasing* physical activity may actually help them avoid falls and reduce their fear of falling. Offered in Howard County senior centers, *A Matter of Balance* is an award-winning, evidence-based program designed to increase activity levels while emphasizing practical strategies to manage falls.

Over the course of eight weeks, *Matter of Balance* participants learn to view falls as controllable; set goals to increase everyday activity; make changes to their environment to reduce fall risks at home; and design an exercise regimen to increase strength and balance. Offered in a supportive group setting, the program costs \$28, and includes all supplies and a light snack. For more information or to register, contact Wendy Farthing at 410-313-3506.

For older adults with a chronic condition affecting balance, recovering from a stroke, for example, or for those who feel unsteady on their feet, the *Better Balance* exercise class has proven to be an effective option to reduce the risk of falling and increase strength and range of motion. *Better Balance* is the result of the Adaptive Physical Activity (APA) research conducted over the past several years at Howard County senior centers in conjunction with UMBC and the VA Medical Center.

Currently offered at the Bain Center, Longwood and Ellicott City Senior Centers, each *Better Balance* class includes walking, bar, and seated exercises, tailored to an individual participant's fitness and ability levels, under the guidance of instructors trained in the *Better Balance* protocol. A pre-screening is required before enrolling; contact Jennifer Lee at 410-313-5940 for more information regarding fees and scheduling.

Though the programs vary slightly in content and approach, both *A Matter of Balance* and *Better Balance* classes share one important aspect which is crucial to their success: social interaction and peer support. The sense of community that develops among participants working towards a similar goal is remarkable to behold, and even better to experience. If you or a loved one are concerned about falls or have fallen in the past, or are interested in improving balance, flexibility and strength, why not give one of the programs a try?



The Senior Connection is published monthly by the Howard County Department of Citizen Services' Office on Aging.

We welcome your comments and suggestions.

To contact us, or to join our email subscriber list, email seniorconnection@howardcountymd.gov with "subscribe" in the subject box.

**Howard County Office on Aging
6751 Columbia Gateway Dr.
Columbia, MD 21046**

410-313-6410

**www.howardcountyaging.org
[www.Facebook.com/HoCoCitizen](https://www.facebook.com/HoCoCitizen)**

Dayna M. Brown, Administrator

Advertising contained in the Beacon is not endorsed by the Howard County Office on Aging or by the publisher.

CALENDAR OF EVENTS

Wednesday, September 3, 12:30 p.m.

Chuck Fisher Performs • Ellicott City Senior Center

Maryland Senior Idol Chuck Fisher, a talented country singer and guitarist, will perform classic country songs. Free; call 410-313-1400 for details.

Wednesday, September 3, 7 p.m.

Paws4Comfort Pet Evaluations • Bain Center

Volunteer with your pet! Call Ingrid Gleysteen, 410-313-7461, for more information or to register for a free pet evaluation.

Thursday, September 4, 7 to 8:30 p.m.

Medicare 101 • HCGH Wellness Center, 10710 Charter Dr., Suite 100

Learn how Medicare Parts A (Hospital), B (Medical) and D (Prescription Drug) work, and what the benefits are. Free; sponsored by SHIP. Call 410-313-7391 to register.

Friday, September 5, 11 a.m. to 1 p.m.

Golden Girls Show • Elkridge Senior Center

Watch a performance by these talented ladies and enjoy a homemade pasta dinner! Cost: \$5; call 410-313-5192.

Wednesday, September 10, 11 a.m.

Soundtrack of Our Lives • East Columbia 50+ Center

Hugo Keesing presents the music and popular culture of the 1940's. Call 410-313-7680 to register.

Wednesday, September 10, 9 a.m. to 3 p.m.

KASA Thrift Sale • Bain Center

Shop for gently used and new clothing, jewelry, toys, household items and crafts. Food available for purchase; all proceeds benefit the Vivian Reid Fund. Call 410-313-7213 for more information.

Wed/Fri, September 10 – Oct. 3, 10 a.m. to noon

Matter of Balance • Elkridge Senior Center

Tuesdays, September 16 – November 4, 1 to 3 p.m.

Matter of Balance • North Laurel 50+ Center

Learn how to manage falls; control your fear of falling; set activity goals; increase strength and balance; and reduce risk factors. Cost: \$28; includes supplies. Call Wendy Farthing, 410-313-3506, to register.

Monday, September 15, 7 to 8:30 p.m.

Medicare 102 • HCGH Wellness Center, 10710 Charter Dr., Suite 100

Learn about Medicare Part C/Health Plans and Medicare Supplement Policies. Free; sponsored by SHIP. Call 410-313-7391 to register.

Tuesday, September 16 to Thursday, September 18, 9 a.m. to 3 p.m.

ECSC Council Book & Bake Sale • Ellicott City Senior Center

The ECSC Council's annual Book & Bake Sale benefits center events and programs. Shop for books or homemade baked goods, or just make a donation! Call 410-313-1400 for details.

Tuesdays, starting September 16, 1 to 2 p.m.

Women's Social Group • North Laurel 50+ Center

Meet new friends in a casual group led by Madline Morsha-Taylor; share conversations, exchange stories and more. To register, call 410-313-0380.

Wednesday, September 17, Noon to 1 p.m.

Taste of Summer: Crab Cake Lunch • North Laurel 50+ Center

Indulge in summer's finest fare and enjoy an afternoon of music and dance. Cost: \$10 per person. To purchase tickets, call 410-313-0380.

Wednesday, September 17, 1 p.m.

C2H Ride Leader Information Session • Bain Center

Share your love of cycling with others by becoming a volunteer ride leader for Cycle2Health; design and lead rides to fit your riding style and ability. Call Jennifer Lee, 410-313-5940 for more information.

Wednesday, September 17, 1 to 2 p.m.

Army Field Band Brass Quintet Concert • Bain Center

Enjoy the tunes from the Army Field Band Brass Quintet Live! Free; call 410-313-7213 in advance to reserve your seat.

Wednesday, September 17, 7 to 8:30 p.m.

Medicare 103 • Bain Center

Learn how to use the 'Plan Finder' tool to compare Medicare Prescription Drug Plans. No fee; call 410-313-7391 to register.

Thursday, September 18, 11:30 a.m. to 1:30 p.m.

SeniorsTogether Luncheon • Timbuktu Restaurant, 1726 Dorsey Road

Join us for lunch! Choose an entrée: Crab cake, Chicken Scampi or Stuffed Shells (price varies) then call 410-313-7283 or stop by the Bain Center or Ellicott City Senior Center to register by Sept. 11.

Wine & Canvas • Glenwood 50+ Center

Thursday, September 18, 6 to 9 p.m.

Enjoy an evening of appetizers, wine, painting and fun; leave with a 16x20 masterpiece. Cost: \$40; call 410-313-5440 to register.

Friday, September 19, 10 a.m. to 1 p.m.

End of Summer Book Sale • North Laurel 50+ Center

Browse from a selection of gently used cookbooks, novels and children books. For more information, call 410-313-0380.

Friday, September 19, 6 to 8 p.m.

Evening of Live Music • Bain Center

Enjoy an evening of live music with Dr. Phil Butts & the Sunset Band. Cost: \$7 in advance; includes hors d'oeuvres and refreshments. Call 410-313-7213 for reservations.

Monday to Friday, September 22-26

Active Aging Week • Glenwood 50+ Center

Featuring smoothie bars, a drumming circle, flu shots, a health expo, speakers, demos and more; call 410-313-5440 for a complete schedule.

Tuesday, September 23, 11 a.m. to noon

Fall Prevention Awareness Day • Bain Center

Join exercise specialist Jennifer Lee to learn how to reduce your risk of falling to maintain your independence, and how exercise can help improve your balance. For more information or to register, call 410-313-7213.

Tuesday, Sept. 23, 9 a.m. to 5 p.m.

Fall Prevention Program Preview • Ellicott City Senior Center

Get information on falls prevention and preview a new series of fall prevention activities coming in October, presented by occupational therapy students from CCBC. Call 410-313-1400 for details.

Tuesday, September 23, 11 a.m. to 12:30 p.m.

Fascinator for Tea • East Columbia 50+ Center

Make a fascinator in time for our next tea! Cost \$8; all materials included. Call 410-313-7680 to register.

Tuesday, September 23, 3 to 5 p.m.

Sip & Swap • Glenwood 50+ Center

Bring your lightly loved clothes and accessories to our second swap! Cost: \$5 and five items; enjoy refreshments and fun! Call 410-313-5440 for details.

September 24, 9 to 11:30 a.m.

Pancake Breakfast • Elkridge Senior Center

Enjoy homemade pancakes, eggs and breakfast treats. Bring a friend! Donations accepted; call 410-313-5192 to register.

Wednesday, September 24, 11 a.m.

Clutter Free for Life • Ellicott City Senior Center

Professional Organizer Sonal Adamson will discuss how to deal with excess clutter around the house. Free; call 410-313-1400 to register.

Wednesday, September 24, 11 a.m. to 1 p.m.

Bluegrass & BBQ • North Laurel 50+ Center

Enjoy an afternoon of BBQ and music by the Savage Bluegrass Band. Cost: \$8; includes food and entertainment. For information or tickets, call 410-313-0380.

Thursday, September 25, 10:15 to 11:45 a.m.

The Art of Aging • Glenwood 50+ Center

Marcella and Jim Wilding will lead a 4 week group to discuss the keys to successful aging. Sponsored by SeniorsTogether; call 410-313-5440 to register by Sept.19 or contact Karen Hull, 410-313-7466 for details.

Thursday, September 25, 6:30 to 8 p.m.

Prepare to Care • Owen Brown Community Center, 6800 Cradlerock Way, Columbia

Learn about services and programs to assist aging family members, how to assess needs, and design a care plan. Free; call 410-313-5980 to register.

Tuesday, September 30, 6:30 p.m.

Evening Jazz • East Columbia 50+ Center

Join us for mocktails and hors d'oeuvres at 6:30 p.m., then enjoy a concert by one of DC's top female jazz vocalists at 7 p.m. Cost: \$15 in advance; \$20 at the door.

*To request accommodations to attend any of these events,
call 410-313-5980 one week in advance.*

Free Admission • 160+ Exhibitors • Health Fair • Flu Shots • Seminars • Entertainment

50+ EXPO 2014

PLUS
Howard County Office On Aging

Your Next Chapter

Friday, October 17 • 9 AM - 4 PM

Wilde Lake High School
5460 Trumpeter Road, Columbia 21044



Visit the all new **HOWARD COUNTY SHOWCASE** in Exhibit Hall B
and enter our drawing for **YOUR chance to win a Big Screen TV!**

Attend the exciting keynote, **LIFE REIMAGINED**, a new AARP program,
along with dynamic seminars to help you discover **YOUR NEXT CHAPTER:**

- Anatomy of a Scam - How to Detect and Avoid the Latest Cons
- Designing Your Life's Next Chapter
- Sleep from A to Zzzzz's - How to Sleep Well as You Age
- Wisdom Through the Ages
- Eat This, Treat That

Use the **FREE COURTESY SHUTTLE** from The Mall in
Columbia for a **STRESS-FREE** parking experience.
On-site parking is very limited.



410-313-6410 (VOICE/RELAY) • www.howardcountyaging.org/50plusexpo • www.facebook.com/hococitizen

If you need accommodations to attend this event, please call Maryland Access Point at 410-313-5980 at least one week in advance.

Be a FRIEND of the 50+ EXPO!

Support the Howard County Office on Aging's premier event for older adults! All "Friends" will be acknowledged at the event
and receive one preferred, reserved seat for "The Capitol Steps" in the Jim Rouse Theatre at the 12 NOON or 2 PM show.
Simply send your contribution with this form. Thank you for your support!

Make checks payable to DIRECTOR OF FINANCE, HOWARD COUNTY

**Complete the form and
mail with payment to:** Howard County Office on Aging
Attention: Jeanne Davis
6751 Columbia Gateway Drive, Suite 200
Columbia, MD 21046

Department of
CITIZEN SERVICES
Aging • Children's Services • Consumer Affairs
410-313-6410 (VOICE/RELAY)
www.howardcountyaging.org/50plusexpo

I want to be a Friend of the EXPO and have enclosed my check/cash for _____ FRIENDS @ \$20/ea. = \$ _____

For each \$20 donation, I will receive 1 reserved seat for "The Capitol Steps" on Friday, Oct. 17, at the Rouse Theatre at Wilde Lake High School.

PLEASE INDICATE # of TICKETS: _____ 12:00 noon show OR _____ 2:00 p.m. show

☐ I do NOT want to receive tickets for the show.

☐ I do NOT wish to have my name published as a contributor.

NAME _____ PHONE _____

STREET ADDRESS _____

CITY _____ STATE _____ ZIP _____

EMAIL ADDRESS _____

Note: If your donation request is received after October 3, we cannot list your name on the event signage.
Additionally, your tickets must be picked up at the theatre the day of the show.

September is National Senior Center Month!

The 2014 National Senior Center Theme **Experts at Living Well**

Find a center near you for some of the best living well programs and services!

HOWARD COUNTY SENIOR CENTERS

Howard County's seven **Senior Centers** are located throughout the County and offer lunch programs, health screenings, information and referral services.

THE BAIN CENTER

5470 Ruth Keeton Way, Columbia • 410-313-7213

EAST COLUMBIA 50+ CENTER

6600 Cradlerock Way, Columbia • 410-313-7680

ELKRIDGE SENIOR CENTER

6540 Washington Blvd., ElkrIDGE • 410-313-5192

ELLICOTT CITY SENIOR CENTER

9401 Frederick Road, Ellicott City • 410-313-1400

GLENWOOD 50+ CENTER AT THE GARY J. ARTHUR COMMUNITY CENTER

2400 Route 97, Cooksville • 410-313-5440

LONGWOOD SENIOR CENTER

6150 Foreland Garth, Columbia • 410-313-7217

NORTH LAUREL 50+ CENTER

9411 Whiskey Bottom Road, Laurel • 410-313-0380

The **Senior Center Plus** sites offer fee-for-service, supervised social day programs for older adults with special needs or a disability.

**Ellicott City
Senior Center Plus**
410-313-1425

**North Laurel
Senior Center Plus**
410-313-7218

**Glenwood
Senior Center Plus**
410-313-5442

www.howardcountyaging.org

A PRESENTATION OF THE

HOWARD COUNTY DEPARTMENT
OF CITIZEN SERVICES

OFFICE ON AGING



THE CAREGIVING JOURNEY

Making Your Way

SAVE THE DATE!

Don't Miss the 3rd Annual Caregiver Conference

Saturday, November 22, 2014

8:00 AM - 3:00 PM

North Laurel Community Center

9411 Whiskey Bottom Road, Laurel, MD 20723

Continental breakfast & lunch provided. On-site respite provided.

To register, or for additional information, contact Maryland Access Point (MAP) at 410-313-5980 (VOICE/RELAY) or email map@howardcountymd.gov

Reservation deadline for lunch/respite is Friday, Nov. 14

If you need this document in an alternative format or need accommodations to attend this event, please call 410-313-5980.



Medicare Open Enrollment October 15 thru December 7, 2014

For a schedule of free Medicare events
in Howard County, go to
www.howardcountymd.gov/SHIP.

Know your options. Contact us for help.



LOCAL HELP FOR PEOPLE WITH MEDICARE



Information/Counseling • New to Medicare • Prescription Drug Plans
Supplemental Policies • Help with Costs • Fraud and Abuse

410-313-7392 (VOICE/RELAY)

EMAIL ship@howardcountymd.gov
www.howardcountyaging.org/ship



The **Howard County Paws4Comfort** program fosters special bonds between pets, their owners and the County residents they visit.

If you are interested in volunteering, or wish to schedule a free evaluation for your pet, contact Ingrid Gleysteen, at 410-313-7461 or igleysteen@howardcountymd.gov.

Evaluations are held the
FIRST WEDNESDAY of
every month at 7 PM
at the Bain Center.

Don't miss these dates for
the remainder of 2014:

**September 3
October 1
November 5
December 3**



Touching Hearts... One Visit at a Time

410.313.7461 (VOICE/RELAY)
www.howardcountyaging.org



The Bain Center
5470 Ruth Keeton Way
Columbia, MD 21044